Capacity building & Behavioral Change

1.Food safety Training & certification (FoSTAC),

2. Hygiene rating and audit.

Presented by –CHANDAN PANDEY

Assistant Commissioner (Food),

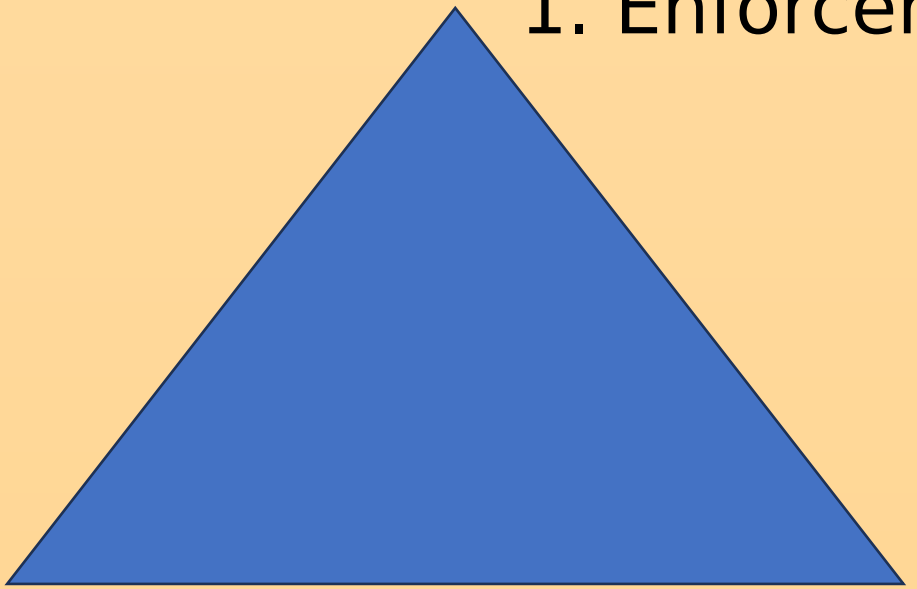
FDA,UP.

FSO: The Quality Components

- 1. Personal qualities--like Smart, healthy, pleasant, motivated etc.
- 2. Professional qualities--knowledge of act,rules and regulation, Good communicator, loyal to the office etc.
- 3. Functional qualites--Team ablity, Ablity to apply regulations in situation, leadership ablities etc.
- Apart from above a dream to make change on the ground is most remarkable quality.

Food safety administration : Three dimensions

- 1. Enforcement



- 2.Self regulation or FSMS
- 3.IEC

Meaning and purpose of life

Recent News on NCD

लाइफस्टाइल सही नहीं होने के चलते बुजुर्ग, युवा और बच्चे बीमारियों की चपेट में

25% दिल्लीवाले डायबिटीज़ के चंगुल में

Rahul.Anand@timesgroup.com

नई दिल्ली : दिल्ली की 10 प्रतिशत आबादी डायबिटीज की शिकार है और 15 फीसदी लोग डायबिटिक हैं, जो बीमारी के मुहाने पर खड़े हैं। यही नहीं, 30 प्रतिशत दिल्लीवाले हाइपरटेंशन के शिकार हैं। डायबिटीज और हाइपरटेंशन का कॉम्बिनेशन हार्ट अटैक, किडनी फेल्योर और रेटिनोपैथी जैसे बीमारी की प्रमुख वजह है। एक्सपर्ट का कहना है कि आईसीएमआर की यह स्टडी पूरे दिल्ली सहित पूरे देश को संपेत कर रही है। खराब लाइफस्टाइल डिजीज की वजह से लोग बीमारी की चपेट में आ रहे हैं। न केवल बुजुर्ग, बल्कि युवा और बच्चे भी इससे बच नहीं पा रहे हैं।

25% दिल्लीवाले डायबिटीज के मरीज

आईसीएमआर की स्टडी: हाल ही में आईसीएमआर ने देश भर के 1,13,043 लोगों पर स्टडी की है, जिसमें 11.4 प्रतिशत लोगों में डायबिटीज पाई गई है, जबकि 10 प्रतिशत से ऊपर दिल्लीवाले डायबिटीज के शिकार मिले हैं।

15% प्री-डायबिटीक

डायबिटीज एक्सपर्ट डॉक्टर ए.के. सिंगल का कहना है कि सबसे बड़ी मुसीबत यह है कि प्री-डायबिटीज वाले लोगों में से 10% लोगों में यह डायबिटीज में बदल जाता है। ऐसे में आने वाले दिनों में दिल्ली में डायबिटीज के मरीजों की संख्या और बढ़ने वाली है।

कितने प्रतिशत दिल्लीवाले हैं चपेट में

डायबिटीज और हाइपरटेंशन का डेडली कॉम्बिनेशन

डॉक्टर सिंगल ने कहा कि स्टडी में साफ हो रहा है कि दिल्लीवाले न केवल डायबिटीज के शिकार हैं, बल्कि 30 प्रतिशत लोग हाइपरटेंशन के भी मरीज हैं। डायबिटीज और हाइपरटेंशन एक साथ हो जाए तो यह बीमारी पैदा करने का डेडली कॉम्बिनेशन बन जाता है। इसकी वजह से हार्ट अटैक का खतरा कई गुना बढ़ जाता है। यही किडनी के फेल होने और आंखों की रोशनी कम होने (रेटिनोपैथी) की दिक्कत भी हो सकती है।

पेट-कमर का मोटापा ज्यादा खतरनाक

डॉक्टर ने कहा कि रिपोर्ट में दिल्लीवालों में पेट का मोटापा (एब्डोमिनल ओबेसिटी) 25 प्रतिशत दर्ज किया गया है। यानी हर चौथे शख्स के पेट और कमर के पास ज्यादा चर्बी जमा हो गया है। कमर के पास मोटापे का मतलब यह है कि लिवर, पेनक्रियाज, आंत और अंदरूनी अंगों के पास पेट जमा हो जाता है। इसकी वजह से इंसुलिन की कार्यक्षमता प्रभावित हो जाती है। इसकी पहचान है कि ऐसे लोगों में ट्राइग्लिसराइड्स हो जाता है, फेस फैला पड़ने लगता है, गर्दन और अंदर आर्म्स काली हो जाती हैं। ओवरऑल मोटापे से कहीं ज्यादा खतरनाक कमर का मोटापा है।

खराब लाइफस्टाइल से बढ़ रही दिक्कत

इस स्टडी में 60 प्रतिशत में एचडीएल कोलेस्ट्रॉल कम पाया गया है। डॉक्टर ने कहा कि यह अच्छा वाला कोलेस्ट्रॉल होता है। इसका शरीर में ज्यादा होना बेहतर होता है। लेकिन यह कम है। यही दिल्लीवालों का बुरा कोलेस्ट्रॉल यानी एलडीएल 25 प्रतिशत में ज्यादा पाया गया है।

नए डायबिटीज वालों में 20% युवा आ रहे इलाज के लिए

एस.के. सिंगल हॉस्पिटल के डायबिटीज एक्सपर्ट डॉक्टर राजीव गुप्ता ने कहा कि औसतन रोज 20 प्रतिशत युवा मरीज आते हैं जिन्हें डायबिटीज है। इसकी सबसे बड़ी वजह उनकी खराब लाइफस्टाइल, नींद की कमी, स्ट्रेस है।

कोविड ने बढ़ा दिए डायबिटीज के मरीज

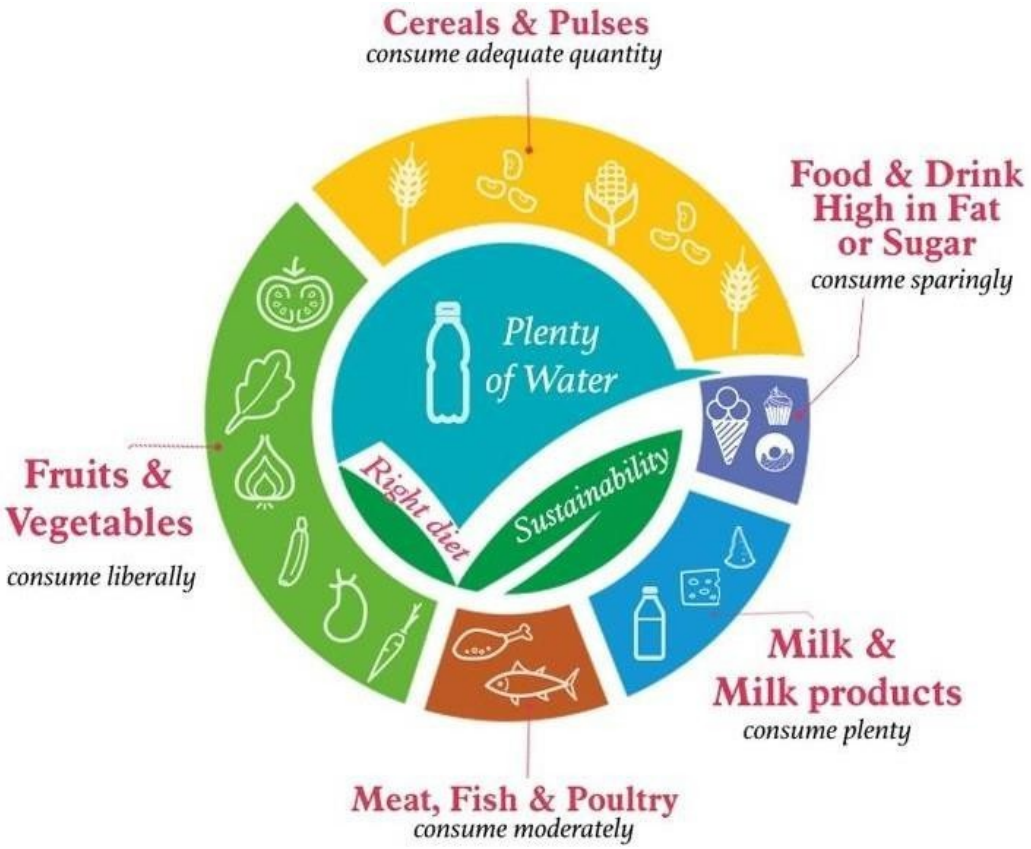
डॉक्टर राजीव ने कहा कि कोविड के बाद से डायबिटीज के मामले और बढ़ गए हैं। यह वायरस सीधा पेनक्रियाज की बीटा सेल पर अटैक करता है और इन्फ्लामेट्री दिक्कत भी करता है। इसकी वजह से इंसुलिन की कार्यक्षमता प्रभावित होती है, जिसकी वजह से नए डायबिटीज के मरीजों की संख्या भी बढ़ रही है।

लापरवाही बढ़ा देती है खतरा

डॉक्टर राजीव ने कहा कि सबसे पहले यह जान लें कि डायबिटीज लाइफलॉन्ग बीमारी है। एक बार बीमारी हो गई तो यह जाएगी नहीं। शुरू में तो लोग डाइट कंट्रोल कर लेते हैं, डॉक्टर ने अगर तीन से चार दवाई दी है तो उसे समय पर लेते हैं। लेकिन धीरे-धीरे वो इस डाइट से बोर हो जाते हैं, बीच-बीच में छोड़ा करते हैं, बाहर खाना खाते हैं, उन्हें तुरंत तो कुछ नहीं होता है तो सोचते हैं कि कुछ नहीं हुआ। छह महीने में

Eat Right India - Background

- Mandate of FSSAI is ensure availabilityof safe and wholesome food for citizens.
- Tagline: 'Sahi Bhojan. Behtar Jeevan'
- Vision – Safe and nourishing food produced in an environmentally sustainable system.
- Advocacy, capacity building, collaborative and empowerment approaches to ensure that our food is good both for the people and the planet.
- Collective action of all stakeholders - the government, food businesses, civil society organizations, experts and professionals, development agencies and citizens



Eat Right India Movement – Three Pillars

Eat Safe

Safe Food 'not safe' is not food

- Personal/surrounding hygiene
- Hygiene/sanitation in food value chain
- Combating adulteration
- Eliminate toxic residues in food
- Prevent hazards of used cooking oil

Eat Healthy

Diets not only for the palate, but for body and mind

- Balanced diet: less and timely
- Diet diversification – eat variety
- Eliminate industrial trans-fats
- Reduce salt, sugar and saturated fats
- Eat fortified staples

Eat Sustainable

Sustainable Diets good for both people and planet

- Eat local and seasonal
- No food waste
- Reduce, recycle plastics
- Conserve water in food processing
- Reduce chemicals in food chain

स्वच्छ भारत
एक कदम स्वच्छता की ओर
Swachhata Hi Seva
11th September to 2nd October 2019

प्रधानमंत्री जन आरोग्य योजना
आयुष्मान भारत
PM-JAY

POSHAN Abhiyaan
PM's Overarching Scheme for Holistic Nourishment
सही पोषण - देश रोशन

JAL SHAKTI ABHIYAN
Sanchay Jal, Behtar Kal

FOSTAC : Food safety training and certification

- Large scale training program of Fssai
- Objective – To spread education and awareness among food business operators.
- In terms of 16(3) H of fssa act 2006 Fssai has to ensure training the persons who are involved in food business.
- It is accordingly desired that all the food business having one food safety supervisors having more than 25 food handlers.

Objectives Of FoSTaC

Raising the bar of food safety in the country by

- Creating an improved environment of self compliance to FSS Act, Rules and Regulations by the responsible food business.

- Bringing a behavioral change and inculcating a culture of food safety in the country.

- To enhance the availability of skilled/ trained manpower in the food industry.

Mandate regarding food safety supervisors

- **Mandatory Requirement:** Every food business holding a **Central or State License** must have at least one trained and certified Food Safety Supervisor.
- **Supervisor-to-Handler Ratio:** Large food businesses must appoint one Food Safety Supervisor for every **25 food handlers** (or part thereof) per premises.
- **Training Levels:** Depending on the business type, supervisors must complete one of three competency levels: **Basic**, **Advanced**, or **Special** (e.g., for high-risk sectors like meat or milk)

Role of Food Safety Supervisor

1. To recognize and prevent risks associated with food business handling in food ss
2. To train and supervise the other food handlers in the food business premises
3. Implement the Schedule-4 requirements in the food business
4. Ensure the compliance of food business with all the FSSAI’s requirements

Role of Food Safety Supervisor *(Contd.)*

5. Periodic onsite training of all food handlers
6. Create a behavioural change in other food handlers
7. Responsible for incorporating the culture of food safety in the food business premises

Schedule 4 introduces the concept of FSMS based on implementation of Good Manufacturing Practices (GMP)
and Good Hygiene Practices (GHP) by food businesses and is divided into five parts as

Schedule 4	General Requirements
Part 1	General hygienic and sanitary practices to be followed by food business operators applying for registration - Petty food operators and Street food vendors
Part 2	General hygienic and sanitary practices to be followed by food business operators applying for license - Manufacturing/processing/packaging/ storage/distribution
Part 3	General hygienic and sanitary practices to be followed by food business operators applying for license - Milk and milk products
Part 4	General hygienic and sanitary practices to be followed by food business operators applying for license - Slaughter house and meat processing
Part 5	General hygienic and sanitary practices to be followed by food business operators applying for license - Catering

Outcome of FoSTAC

- Food safety culture
- Compliance of Sch. 4
- Self regulation
- Confidence in consumers

Various courses in FoSTAC

Basic Level (4 hours)

- Catering (General, ICDS, Mid Day Meal)
- Manufacturing/Processing (General)
- Storage & Transport (General)
- Retail & Distribution (General)
- Street Food Vending (Awareness)

Advanced Level (8 hours)

- Catering (General)
- Manufacturing/Processing (General)
- Storage & Transport (General)
- Retail & Distribution (General)

Various courses in Fostac

Special Level (8-12 hours, 1-2 days)

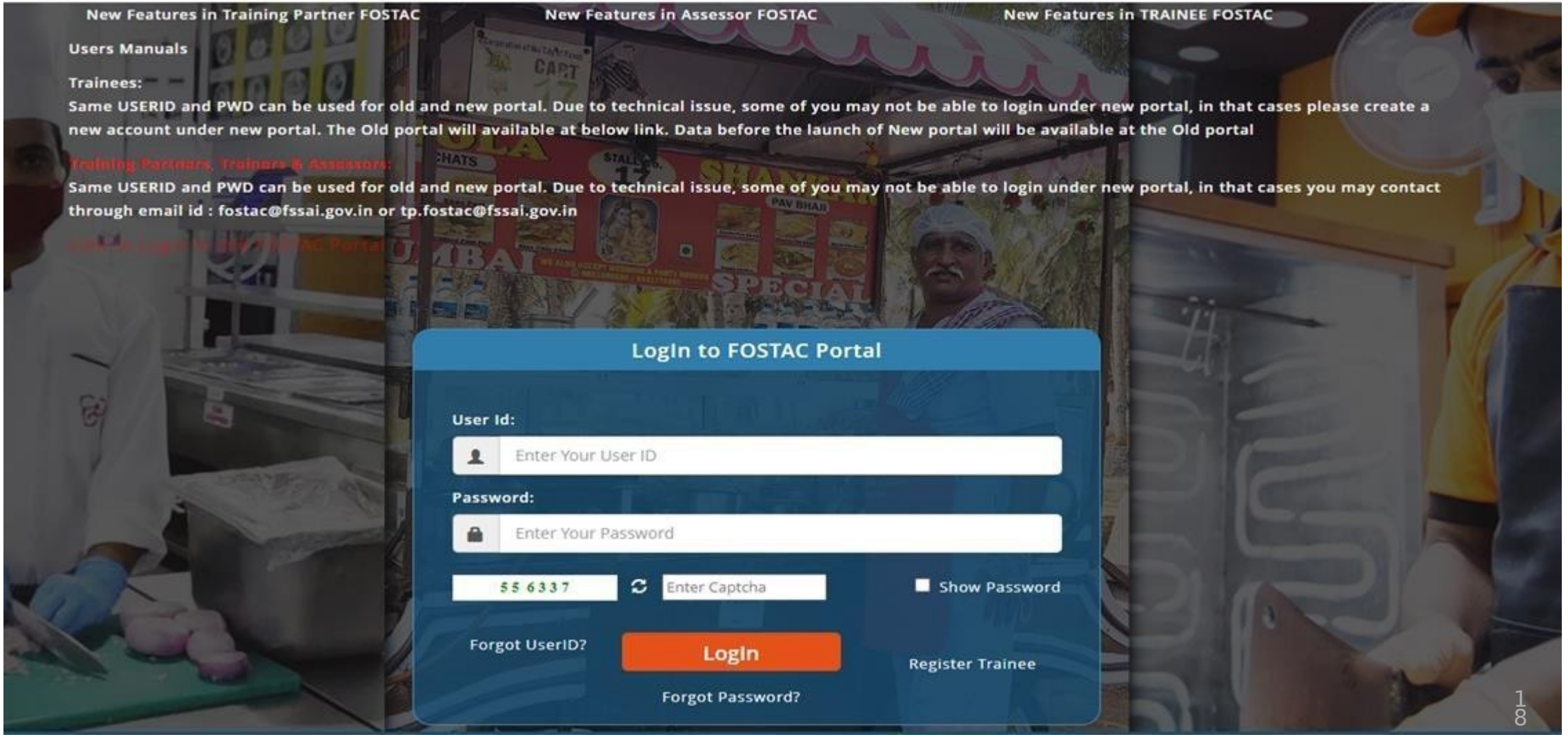
- Milk & Milk Products
- Meat & Poultry
- Fish & Seafood
- Packaged Water
- Bakery (Level 1 & 2)
- Edible Oils & Fats
- Health Supplements & Nutraceuticals
- Alcoholic Beverages
- Organic Food Products

BASIC
ADVANCE
AWARENESS
FoSTaC
Food Safety Training & Certification

FoSTaC Portal (

FoSTaC
Food Safety Training & Certification
fssai committed to build a culture of self compliance

fssai
FOOD SAFETY AND STANDARDS AUTHORITY OF INDIA
Inspiring Trust, Assuring Safe & Nutritious Food
Ministry of Health and Family Welfare, Government of India


New Features in Training Partner FOSTAC
New Features in Assessor FOSTAC
New Features in TRAINEE FOSTAC
Users Manuals
Trainees:
Same USERID and PWD can be used for old and new portal. Due to technical issue, some of you may not be able to login under new portal, in that cases please create a new account under new portal. The Old portal will available at below link. Data before the launch of New portal will be available at the Old portal
Training Partners, Trainers & Assessors:
Same USERID and PWD can be used for old and new portal. Due to technical issue, some of you may not be able to login under new portal, in that cases you may contact through email id : fostac@fssai.gov.in or tp.fostac@fssai.gov.in
Login to FOSTAC Portal
User Id:
Enter Your User ID
Password:
Enter Your Password
55 6337
Enter Captcha
Show Password
Forgot UserID?
Login
Register Trainee
Forgot Password?

“FSS Certificate”

fssai
FOOD SAFETY AND STANDARDS AUTHORITY OF INDIA
Inspiring Trust, Assuring Safe & Nutritious Food
Ministry of Health and Family Welfare, Government of India

FoSTaC
Food Safety Training & Certification
fssai committed to build a culture of self compliance

FOOD SAFETY SUPERVISOR
Certificate of Competence

This is to certify that
Dummy Trainee
has successfully completed training on the course
Basic Catering & COVID
held at
3rd Floor committee room FDA Bhawan, Kotla Road New Delhi Delhi
Conducted by
FSSAI

Roll No: BCACOVID100001606297
Batch Code: BCACOVID100/00314
Certificate Number: BCACOVID1001606297
Date of Issue: 24-08-2022
Training Mode: offline

Digitally signed by Virendra Singh Shekhawat
Date: 2022.08.24 11:41:41 IST

FSSAI
FOOD SAFETY TRAINING & CERTIFICATE (FOSTAC)

Get certified by FSSAI in just one day

Regulations & Hygiene Rating

Audit Regulations & Hygiene Rating

- Food Safety and Standards (Food Safety Auditing) Regulation, 2018
- Sector specific mandatory audits
- Inspection checklist
- Hygiene Rating Scheme

Food Safety Audit

- According to the FSS Act, 2006, a *Food Safety Audit* means, a systematic and functionally independent examination of food safety measures adopted by manufacturing units to determine whether such measures and related results meet with the objectives of food safety and the claims made in that behalf.

- Audits on licensed food business will be carried out by the auditors of agencies recognised under the Food Safety and Standards (Food Safety Auditing) Regulations, 2018.

FSS (Food Safety Auditing) Regulations, 2018

Draws power from FSSA, 2006

Section 16(2)(c) – *Food Authority may specify the mechanisms and guidelines for accreditation of certification bodies engaged in certification of Food Safety Management Systems (FSMS) for food businesses; and*

Section 44 – *Food Authority may recognize any organization or agency for the purposes of food safety audit and checking compliance with Food Safety Management Systems required under this Act or the rules and regulation made thereunder.*

FSS (Food Safety Auditing) Regulations, 2018

OBJECTIVE

A. Encourage Self Compliance

B. Develop a self sustaining ecosystem for compliance

C. Strengthen food safety enforcement system.

D. Reduces the regulatory foods safety inspections

E. Assuring safe food to the consumers

FSS (Food Safety Auditing) Regulations, 2018

The Regulations defines

- **Eligibility Criteria for Auditing agencies and its auditors**
- **Procedure for recognition/ renewal/ suspension of agencies**
- **Audit Process**
- **Audit Examination**
- **Duties of Auditors**
- **Audit Reporting**
- **Audit Monitoring**
- **Handling Disputes/ Record Keeping**

pe

Processed Food Sector

- *Dairy, Slaughter Houses, Meat, Poultry, Egg ,Fish & Products, Other Sectors (e.g. Bakery, ready to eat/cook etc)*

Food Catering

Food Retail

Transport/ Distribution

Storage/ Warehouse

E-Commerce

Mandatory Audits

As per part III, Regulation 8 (1) The Food Authority shall specify the category or type of food businesses
which shall be subject to mandatory food safety auditing, on the basis of their risk classification.

Central Licensed manufacturer/ Processors under High risk food categories as specified below shall get its business audited:

Product ID	Product
1	*Dairy products and analogues (category 2.0)*
8	*Meat and Meat Products inc. poultry*
9	*Fish and Fish Products inc. molluscs, crustaceans and echinoderms*
10	*Egg and egg products*
13	*Foodstuff intended for particular nutritional use*
16	*Prepared food*
18.1	*Indian Sweets and namkeens*
99.5	*Nutrients and their preparations (Fortified Rice Kernels only)*

Order dated 02 May 2022:
https://www.fssai.gov.in/upload/advisories/2022/05/626fad52101b0Order_RBIS_02_05_2022.pdf

Inspection checklist

Inspection checklists are based on Schedule 4 of Food Safety & Standards (Licensing and Registration of Food Business) Regulations, 2011 and have been developed for following sectors-

1. General Manufacturing
2. Milk Processing
3. Meat Processing
4. Slaughter House
5. Catering
6. Retail
7. Transport
8. Storage & warehouse

Audit/ Inspection checklist

The inspection checklist has been divided into five major sections namely-

i. Design & facilities

ii. Control of Operations

iii. Maintenance & Sanitation

iv. Personal Hygiene

v. Training and complaint handling

Inspect the facility of the FBOs as per the requirements in the inspection checklist and accordingly will mark the finding as –

"Compliance (C), Non-compliance (NC), partial compliance (PC) and Not applicable/ Not

S. No.	Finding	Marks to be awarded	Marks to be awarded in Asterisk Mark (*) question
1	Compliance (C)	2	4
2	Non-compliance (NC)	0	0
3	Partial compliance (PC)	1	0
4	Not applicable/ Not observed (NA)	2	4

Inspection/ Audit checklist

GENERAL MANUFACTURING

Date		**FBO Name**	
Food Safety Officer		**FBO's representative**	
FBO License No.		**Address**	

Indicate the following – Compliance (C), Noncompliance (NC), Partial Compliance (PC) or Not Applicable (NA)

S. No.	Audit Question	Scoring	
1	Food establishment has an updated FSSAI license and is displayed at a prominent location.	2	
I	**Design & facilities**		
2	The design of food premises provides adequate working space; permit maintenance & cleaning to prevent the entry of dirt, dust & pests.	2	
3	The internal structure & fittings are made of non-toxic and impermeable material.	2	
4	Walls, ceilings & doors are free from flaking paint or plaster, condensation & shedding particles.	2	
5	Floors are non-slippery & sloped appropriately.	2	
6	Windows are kept closed & fitted with insect proof screen when opening to an external environment.	2	
7	Doors are close fitted to avoid entry of pests.	2	
8	Equipment and containers are made of non-toxic, impervious, non- corrosive material which is easy to clean & disinfect.	2	
9	Premise has sufficient lighting.	2	
10	Adequate ventilation is provided within the premises.	2	
11	Adequate storage facility for food, packaging materials, chemicals, personnel items etc available.	2	
12	Personnel hygiene facilities are available. (Adequate number of hand washing facilities, toilets, change rooms, rest & refreshment room etc).	2	
13*	***Potable water (meeting standards of IS:10500) is used as a product ingredient or in contact with food or food contact surface & tested for quality semi annually. Check for records.***	***4***	
14	Food material is tested either through internal laboratory or through an accredited lab. Check for records.	*2*	
II	**Control of operation**		
15	Incoming material procured as per internally laid down specification & from an approved vendors. Check for records (like specifications, name and address of the supplier, batch no., quantity procured etc).	2	
16	Raw materials is inspected at the time of receiving for food safety hazards.	2	
17	Incoming material, semi or final products are stored according to their temperature and humidity requirement, in a hygienic environment. FIFO & FEFO is practised.	2	
18*	***Requisite time and temperature is being achieved, maintained, monitored & recorded while manufacturing/processing. Check for records.***	***4***	
19	Food manufactured/processed is packed in a hygienic manner.	2	
20	Packaging materials is food grade & in sound condition.	2	
21	Cleaning chemicals & other hazardous substance are clearly identified & stored separately from food.	2	
22	Transporting vehicle for food use are kept clean and maintained in good repair.	2	
23	Transporting vehicle are capable of meeting requisite temperature (where applicable).	2	
24	Recalled products are held under supervision & destroyed or reprocessed/reworked in a manner to ensure their safety. Check for records.	2	
III	**Maintenance & sanitation**		
25	Cleaning of equipment, food premises is done as per cleaning schedule & cleaning programme.	2	
26	Preventive maintenance of equipment and machinery are carried out regularly as per the instructions of the manufacturer.	2	
27	Measuring & monitoring devices are calibrated periodically.	2	
28*	***Pest control program is available & pest control activities are carried out by trained and experienced personnel. Check for records.***	***4***	
29	No signs of pest activity or infestation in premises (eggs, larvae, faeces etc.)	2	
30	Drains are designed to meet expected flow loads and equipped with traps to capture contaminants.	2	
31	Food waste and other refuse are removed periodically from food handling areas to avoid accumulation.	2	
32	Disposal of sewage and effluents is done in conformity with standards laid down under Environment Protection Act, 1986.	2	
IV	**Personal Hygiene**		
33	Annual medical examination & inoculation of food handlers against the enteric group of diseases as per recommended schedule of the vaccine is done. Check for records.	2	
34	No person suffering from a disease or illness or with open wounds or burns is involved in handling of food or materials which come in contact with food.	2	
35*	***Food handlers maintain personal cleanliness (clean clothes, trimmed nails &water proof bandage etc) and personal behaviour (hand washing, no loose jewellery, no smoking, no spitting etc).***	***4***	
36	Food handlers equipped with suitable aprons, gloves, headgear, shoe cover etc; wherever necessary.	2	
V	**Training & Complaint Handling**		
37	Internal / External audit of the system is done periodically. Check for records.	2	
38	Food business has an effective consumer complaints redressal mechanism.	2	
39	Food handlers have the necessary knowledge and skills & trained to handle food safely. Check for training records.	2	
40*	***Appropriate documentation & records are available and retained for a period of one year or the shelf- life of the product, whichever is more.***	***4***	

Total points...../90

Asterisk mark (*) questions may significantly impact food safety & therefore must be addressed as a priority. Failure in any of the asterisk mark questions, will lead to Non-compliance

Grading –

- ☐ **A*** 80 - 90 Compliance – Exemplar
- ☐ **A** 72 - 79 Compliance – Satisfactory
- ☐ **B** 45 - 71 Needs Improvement
- ☐ **No grade** <45 Non Compliance

HYGIENE RATING SCHEME

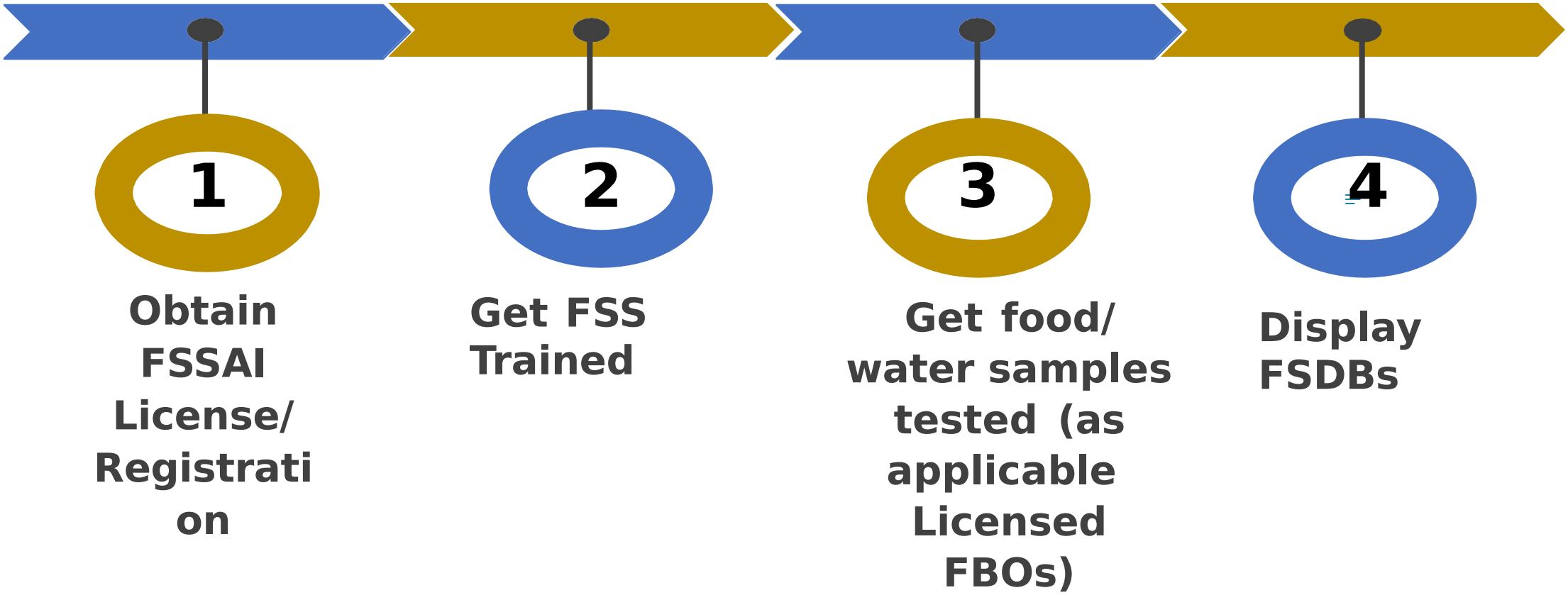
About The Scheme

- Online certification program for the food service and retail establishments providing food directly to the consumers.
- Food businesses are rated based on food hygiene and safety conditions observed at the time of audit/inspection.

Main purpose

- Encourage self compliance
- Scope of Improvement
- Allow consumer to make informed choices

Key requirements to enrol for Hygiene Rating Scheme



HR Certificate

Key Features

- Food Hygiene Rating Score of FBO
- Name of FBO
- Location of FBO
- FSSAI License/Registration No.
- Validity of the certificate
- QR Code to obtain details of FBOs
- Disclaimer
- Authority details

fssai
FOOD SAFETY AND STANDARDS AUTHORITY OF INDIA
Inspiring Trust, Assuring Safe & Nutritious Food
Ministry of Health and Family Welfare, Government of India
VERIFIED
Haldiram, Mathura Road
fssai No. 12345678963214
HYGIENE RATING
Excellent
Valid upto:
CEO, FSSAI
The food hygiene rating shown above reflects the hygiene of food found on the date of inspection by authorized person. Ratings are given on scale of 1 (Urgent Improvement) up to 5 (Excellent).
www.fssai.gov.in/hygineRating

Thanking you

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